



protected against the hazards of fun times and recreation. And you had two packages of bandages, a bottle of disinfectant that stained your finger for two years, a jar of ointment and a roll of adhesive to meet these challenges. (BYOS. Bring Your Own Scissors.)

I thought my survival had reached the ultimate until an offer arrived in the mail the other day for a 12-inch survival knife, touted as an "extension of your own hand that you'll never

man a knife. One of these knives. He probably would have examined the book of matches and eaten them, rubbed two fishing hooks together and tried to start a fire, cut himself on the knife, launched the compass from a bow against warring neighbors, and used the cable saw to take down messages in the cave.

Maybe that's why they never survived.

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'Doctor J' for president

By Dave Berry
Knight-Ridder Newspapers

Here it is, 1986 already, time to get serious about the 1988 presidential election. I'm afraid I have some bad news: We're not allowed to elect Ronald Reagan any more. We have to come up with somebody new, and we have only two years to do it.

I happen to have the perfect solution, which of course nobody will take seriously, namely that we should elect Julius Erving, sometimes called "Doctor J," who is currently captain of the National Basketball Association's Philadelphia 76ers. He is a smart, decent and articulate person and a very sharp dresser. He'll probably retire from basketball soon, so

low it whole. You say things like, "Well, this Gephardt, of Missouri, I think he has a shot, I really do." In fact you know nothing about him whatsoever. For all you know, Gephardt relaxes by having his chauffeur drive his limousine over preschool children.

(To avoid a major libel suit, let me stress here that this is not how Rep. Gephardt relaxes. In fact, there is no "Rep. Gephardt." He was invented during a gathering of the Established Political Pundits Association as part of a prank to see if they can cause a totally fictitious character to win the Iowa caucuses. Lately they have also been prominently mentioning a Gov. "Bruce Babbitt" of Arizona. I mean, how stupid do they think we are?)

The amount of strain required to produce stretch marks is hereditary and varies with the individual. One woman may gain 50 pounds and get nary a stretch mark, while another can gain 20 pounds and develop several.

Stretch marks commonly appear during adolescence and pregnancy. Both are periods of rapid growth and hormonal change within the body. It is thought that hormones may weaken collagen, a protein found in the skins' connective tissue. With rapid growth, these tissues are permanently damaged and tearing occurs.

Stretch marks may be noticeably red, violet or silvery streaks at first, but the color fades with time. They are made most noticeable by the puckering of skin above where the tear has oc-

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